

YUMMY NORTHWEST

MARY ROSEWOOD, EDITOR AND PUBLISHER
KENT, WASHINGTON

BEAUTY AND THE FEAST

Edible flowers not only provide an unusual and tasty surprise for the diner, but they also help create some of the most beautiful ways to present a meal.

A salad brimming with spring blossoms is a work of art.

Whole nasturtiums accent refried beans with bright touches of color and add a peppery bite to the dish.

Enjoy all the bounty of nature!



How Does Your Garden Grow?

The Edible Flower Garden
by Rosalind Creasy

You can easily buy this book for the magnificent photos alone. But it also will guide you in planting, harvesting and cooking a floral bouquet.

Flowers in the Kitchen
by Susan Belsinger

From Anise Hyssop to Violets and Yucca, recipes and information to tempt your appetite.



FLORAL FESTIVALS

APRIL
TULIPS
LA CONNER, WASH.

RHODODENDRONS
FEDERAL WAY, WASH.
WWW.RHODYGARDEN.ORG

APRIL-MAY
LILACS
WOODLAND, WASH.
WWW.LILACGARDENS.COM

MAY-JUNE
ROSES
PORTLAND, ORE.
WWW.ROSEFESTIVAL.ORG

JULY
LAVENDER
SEQUIM, WASH.
WWW.LAVENDERFESTIVAL.COM



FLOWERS ARE LOVELY.
FLOWERS ARE NICE.
I LIKE FLOWERS
MIXED WITH RICE.

Dining on and in the Garden

Petals Garden Café in Sequim, Wash., is one restaurant where flowers are the center of attention.

Open all year, Petals Café offers meals and High Tea with an Australian accent touched by lavender.

During the annual Sequim Lavender Festival, you might have a long wait for a table. But the time will seem short as you stroll through the surrounding garden filled with, yes, every variety of lavender, but also flowers of unsurpassed colors and shapes.

The food is well worth the wait. Bangers 'n Mash with lavender mustard, salad with the house cranberry lavender dressing, and of course, a sweet selection of desserts, including lavender cheesecake.

Lavender lemonade is poured like water during the festival.

Petals Garden Café
Cedarbrook Herb Farm
1345 S. Sequim Ave.
Sequim, Wash.
(360) 683-4541
www.petalscafe.com

QUAINT PANSIES

I got this recipe secondhand, but I believe it is from Rodale's Basic Natural Foods Cookbook.

Sweet Pansy Paperweights

This dessert looks like Victorian glass paperweights.

1 ¼ cups water
1 envelope unflavored gelatin
¼ cup lemon juice
¼ cup plus 2 tablespoons honey
4 ounces cream cheese, softened
1 tablespoon yogurt or light cream
8 whole, small, perfect pansies
½ cup pansy petals

Pour ½ cup cold water over gelatin to soften it. Bring remaining water to a boil and pour over softened gelatin. Stir in lemon juice and ¼ cup of honey.

Meanwhile, beat remaining honey into cream cheese. Thin with yogurt or cream until cream cheese mixture is still thick but will pour.

Rinse 4 glass custard cups with very cold water and spoon 1 tablespoon of syrupy gelatin in each cup. Float 2 pansies, face down, in each. Keep flowers away from sides of cup. Place cups on a small tray and refrigerate, uncovered, until firm.

Add 2 more tablespoons of gelatin to each cup. Refrigerate. When firm, place a few petals, face down, on last layer. Add cream cheese, taking care not to let cheese mixture touch sides of cup. Stir remaining petals into remaining gelatin and then fill cups with this mixture. Chill completely before unmolding each cup onto a serving plate. Serves 4.



TRY THESE

CALENDULA
CHIVE BLOSSOM
CHRYSANTHEMUM
DANDELION
DAYLILY
ENGLISH DAISY
FLOWERING THYME
GLADIOLUS
GRAPE HYACINTH
HONEYSUCKLE
JOHNNY-JUMP-UP
LAVENDER
LILAC
MARGOLD
NASTURTIUM
PANSY
PETUNIA
RED CLOVER
ROSE
SCENTED GERANIUM
SQUASH BLOSSOM
TUBEROUS BEGONIA
TULIP
VIOLET

WARNING:

DON'T USE FLOWERS FROM THE FLORIST OR ONES THAT HAVE BEEN SPRAYED WITH PESTICIDES.

WATCH FOR ALLERGIC REACTIONS.

ONLY EAT THE PETALS, UNLESS YOU KNOW FOR SURE OTHER PARTS ARE EDIBLE.



Where do I get some?

The best place to get edible flowers is your own garden. There you can protect them from pesticides and pick them at the peak of freshness. Or ask a neighbor for theirs.

You can buy fresh edible flowers at local farmers markets, the Pike Place Market in Seattle (look for big bouquets of flowers and ask if the grower used pesticides), and some supermarkets. At times, I have found small plastic packets of charming flower collections in the produce section of QFC and Larry's Market. (Keep flowers fresh in water until used.) Ask someone in the produce department of your local store; maybe they will order some especially for you.

Check the bulk spice section for dried rose petals and culinary lavender. You can order the latter from Purple Haze Lavender Farm in Sequim: (360) 582-3088 or www.purplehazelavender.com.

Bloom appetit!



About YUMMY NORTHWEST

Each monthly issue highlights an edible delight available in the Pacific Northwest.

Contact the editor

Comments, corrections, topic ideas and submissions are all most welcome.
Yummy_Northwest@hotmail.com